

Sleep well

Course Dates: Mondays
9th June, 16th June, 23rd June

Times: 1:30pm to 4:30pm

Location: Voluntary Action Swindon (VAS)
1 John St, Swindon SN1 1RT

This course aims to help you gain a good understanding of the mechanics of sleep and the various factors that can disrupt your sleep patterns such as environmental influences, lifestyle habits and stress. You will also have an opportunity to identify ways to improve your own sleep and wellbeing.

By the end of this course, you will:

- Understand sleep and its benefits
- Understand what can cause a lack of sleep and the impact of this on health and well-being
- Identify ideas and techniques to improve sleep and well-being.

To request a place on this course:



01793 466482



acl@swindon.gov.uk

Find details of more Adult Community Learning courses using the QR code above or www.swindon.gov.uk/adultlearning

*To be eligible to enrol on these free courses you need to: be over 19 years old as of 31st August 2024; have lived in the UK or EU for at least the last three years, or be a refugee (or asylum seeker and lived in the UK for at least 6 months); be a Homes or Families for Ukraine visa holder; be an Afghan ARAP or ARAC visa holder; be a Hong Kong BNO visa holder (only for English for Speakers of Other Languages courses); be unemployed, or working and earning less than £25,000 a year. For more information about our eligibility criteria please visit our website www.swindon.gov.uk/adultlearning